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Your essential daily news | MONDAY, MAY 9, 2016

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## 'THEY'RE GOING TO REBUILD'



### FORT MCMURRAY WILDFIRE

- Evacuees cling to hope
- Firemen's wives band together

metroNEWS

Mark Stephenson, with the Fort McMurray Fire Department, stands amid rubble on Sunday. COURTESY CAPT. MATT COLLINS

**ELLEN VANSTONE**

The ultimate guide to when you should — and shouldn't — make eye contact with strangers



metroVIEWS

## Nova Scotia digs deep

FORT MCMURRAY

Atlantic Canada sends volunteers and funds to help

Nadine Yousif  
For Metro | Halifax

People in Nova Scotia and the rest of Atlantic Canada are lending a financial hand to residents of Fort McMurray in a very big way.

Dan Bedell, communications director for the Canadian Red Cross in Atlantic Canada, said the number of donations exceeds the level he's seen in his 10 years of working with the charitable organization.

"The only thing that might have been comparable was the Haiti earthquake and that was an international disaster," he said.

He added the strong ties between Nova Scotia and Fort McMurray are a driving force behind the outpouring of donations.

"This particular community touches

### + DONATIONS

You can donate via redcross.ca or call 1-800-418-1111. You can also text REDCROSS to 30333.

so many people in the Atlantic region that the response has been that much higher," said Bedell, who is based in Dartmouth.

About \$50 million has been raised across the country through the Red Cross since the beginning of operations last Tuesday. Bedell, however, was unable to specify the amount from Nova Scotia.

"Donations are coming in fast and furious across all channels," he said. "It's a challenge just to keep up with all the requirements just to process everything."

Seven volunteers from Atlantic Canada have flown to Alberta to assist with the Red Cross, including Dan Hayward from New Glasgow.

Bedell said more volunteers from the Maritimes will head west in the coming weeks.

Musicians chip in, page 3



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# Musicians 'got to do something'



Ben Caplan METRO FILE

## Ben Caplan and co. at Carleton

"I just felt this profound feeling of — 'I've got to do something,'" Halifax folk musician Ben Caplan said.

He's putting on a benefit concert Tuesday night at The Carleton Music Bar and Grill, with all proceeds going to the Canadian Red Cross.

"I was just listening to the radio, the stories that were coming in, the people who were being forced to evacuate, and hearing about the scale of all of this," he said.

Caplan will be joined by Halifax band Hillsburn and local artists Gabrielle Papillon, Keith Mullins and Taryn Kawaja.

Tickets are \$25.



Members of the RCMP inspect burnt-out homes in Fort McMurray on Saturday. CONTRIBUTED



Classified CONTRIBUTED

## Classified and David Myles

The rapper Classified is donating all proceeds from his new song, Work Away featuring David Myles, to the Red Cross for relief efforts in northern Alberta.

"This song, and the visual

we've been working on for a few months, has taken a completely different context with the situation in Fort McMurray this week," Classified wrote.

Classified and Myles are also performing at a benefit concert and silent auction at the Fleet Club in Halifax on Friday night.

## GroundSwell Music store

GroundSwell Music announced Friday morning the Halifax-based label will donate 100 per cent of its online store's proceeds for the next week to the Canadian Red Cross' Alberta Fires Appeal.

"Like most Atlantic Canadians, most of us have some kind of connection with Fort McMurray, a family member or a friend out there," said Ian McKinnon, GroundSwell Music president and Rawlins Cross band member.

McKinnon said he and fellow artist Jon Landry of The Stanfields quickly made the decision after agreeing they both wanted to help.



Ian McKinnon of Rawlins Cross, an act represented by GroundSwell. METRO FILE



Matt Minglewood CONTRIBUTED

## Centre 200

It just seemed like the right thing to do.

That was Fred Lavery's reaction when he was approached by Paul MacDonald, manager of Centre 200 in Sydney, about helping to put together the talent for a major concert fundraiser.

"I said I would be happy to, given the circumstances. You know that we all have relatives, friends that are working in Fort McMurray, and the devastation that's happened makes everybody want to do something to try to help out," Lavery said.

Already, two marquee acts have officially come on board, with Matt Minglewood and The Barra MacNeils leading the way for the May 15 event. TC MEDIA



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# City will rebound: Residents

## REBUILDING

**But economists say boomtown revival hopes are misplaced**

**Tim Querengesser**  
Metro | Edmonton

Newfoundlander Debra Smith has little choice but to continue believing in the boomtown nature of Fort McMurray, though others warn her optimism could be misplaced.

"I've heard some people say they're not going to go back," Smith said, after leaving the city for Edmonton recently. "I think it's the minority. Because everybody is coming back and they're going to rebuild."

People from Canada's economically depressed regions, the Maritimes in particular, have for more than a decade turned to Fort McMurray as a city where good-paying jobs are there for those willing to move.

But as the city reels from a wildfire that has displaced



A giant fireball erupts as a wildfire rips through the forest 16 kilometres south of Fort McMurray on Highway 63 on Saturday. JONATHAN HAYWARD/THE CANADIAN PRESS

90,000 and cut oil production by an estimated one million barrels per day — economic pain amplified by the price of oil falling by more than half over the past year, with 100,000 people losing their jobs in Alberta alone — two very different views of Fort McMurray's economic future are emerging.

For Smith, from small-town

Newfoundland where job prospects are scarce, Fort McMurray simply has to rebound.

"It'll have to be a boomtown again because you need all those people to come back to help rebuild everything — put everything back the way it was or even better than it was," she said.

"Give it a year or two and

it'll be back bigger than ever ... because, people are not giving up. This is where our home is. It's not going to die, it's not going to go away, it can't. We're just waiting for the word to go back."

But some economists warn what may look like a boom as the city rebuilds may not heal the fire's deeper econo-

mic blow.

Jennifer Winter, director of energy and environmental policy at the University of Calgary's School of Public Policy, said on balance, the fire has damaged an already struggling city.

"The issue is that — technically yes [there will be a boom] — but it would be much better for Alberta's provincial economy if the fire hadn't happened at all," Winter said.

"And so, yes, there will be a bump in activity as there's rebuilding, but it's not going to compensate for the lost economic activity as a result of the fire."

Smith said government money that was set to be used for other goals will now be focused solely on rebuilding McMurray — leading to a short-term bump but a longer-term hole in other services.

"The only real long term economic impact would be increased taxes with the government response to the fires, increase insurance premiums because of the large payouts and maybe a little bit of a change in Fort McMurray itself," she said.

## EVACUEES

**Mother's Day not forgotten**

**Ryan Tumilty**  
Metro | Edmonton

At the Northlands Expo Centre Sunday it seemed as though every second woman was carrying a fresh cut flower.

At the convention facility, which has been swiftly turned into a village for Fort McMurray evacuees, no one wanted to forget Mother's Day. And so volunteers brought the cut flowers to any mom who wanted them.

Thousands of people have come to the centre looking for some level of help over the course of the last week, with close to 2,000 people sleeping in the facility's giant halls at the peak, but that number is down to 600.

Mayor Don Iveson said the city will operate the centre for as long as is needed, but he is glad people are finding more permanent housing.

"We are seeing people who have found apartments in the rental market or spots in a hotel."

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## ASSESSMENT

## Notley to view damage as fire slows

Wildfires that levelled neighbourhoods in Fort McMurray slowed their rampage through tinder dry forest in northern Alberta on Sunday, allowing firefighters in the oilpatch city to focus on hotspots as plans were made for Premier Rachel Notley to survey the damage

first-hand.

Notley said the fight against the fire has stabilized to the point where she can visit and begin the next phase of the government's operation to determine what must be done to eventually allow people to return to the city.

Speaking at a media briefing, Notley had to pause to compose herself when she spoke about Mother's Day and two evacuees who were killed in a traffic accident last week.

Notley was scheduled to visit Fort McMurray on Monday.

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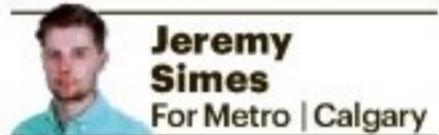
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# 'They're fighting for their city'

EMERGENCY WORKERS

## Partners of Fort McMurray firefighters band together

 Jeremy Simes  
For Metro | Calgary

It wasn't exactly the perfect first Mother's Day for Megan Langpap, as her husband, Hunter, continues to fight the inferno that's ravaged Fort McMurray and surrounding areas.

The Fort McMurray resident is among a group of wives who haven't seen their firefighting husbands since they left to battle a ferocious blaze that's bigger than both Calgary and Edmonton.

"He's been giving 'er around the clock since he's gotten there," said Megan, who's been staying with her sister in Edmonton. "They're exhausted,

but they're fighting for their city, so I think that's what's keeping them focussed.

"The love from their wives is non-stop — we're thinking about them around the clock."

To keep spirits alive, Megan said firefighters' wives have created a group to set up things like play dates, share school registration information and offer places to stay.

"I think being a wife of someone in the fire department, you can just relate," she said. "We've all banded together, helping

she said with a laugh. "If we get to talk to him, it's a good day.

"I miss him, but I also know in my heart he needs to be there."

It's almost like firefighters have an innate quality to respond to wildfires, she added.

"If he was with us, he wouldn't be resting easy — he needs to be there," she said. "I think all those firefighters feel this need to go and protect and save."

She said the family anticipates to celebrate Mother's Day

**“The love from their wives is non-stop — we’re thinking about them around the clock. Megan Langpap”**

each other with everything we may need because we've had to move our lives down south."

For Megan, all she needs is an "AG," or "all good," from Hunter to keep her at ease.

"I literally have a string of 'AGs' in my text message feed,"

at a later date, when Hunter returns.

"All I need right now is my son in my arms, and I have him," she said. "We're safe and my husband is safe. The support we're getting right now is just carrying us."



Megan Langpap, centre, her husband Hunter and son Cullen. Langpap hasn't seen her husband since he left to fight the wildfire in the Fort McMurray area. CONTRIBUTED

SOCIAL MEDIA

## Tweet confirms loss of house

One tweet managed to stifle a rumour that Meranda Bos hoped wasn't true.

Bos is among the few in Fort McMurray who actually know that their homes have been destroyed, as residents haven't been able to enter the city after a ravenous blaze tarnished many neighbourhoods on Tuesday.

"I had heard rumours that our house was gone," she recalled, while staying with her parents in New Brunswick to attend the funeral of her husband's father. "But you always try and go, 'Okay, we don't for sure.'"

That all changed when she received a text from her neighbour while on her way to Edmonton. Within the message was a link to a tweet that showcased the rubble that was left in the neighbourhood of Wood Buffalo.

"After I saw that, I said to my husband, 'Adam, our house is gone,'" Bos said.

According to the latest damage assessment by local officials, 1,600 structures in town have been lost, where 80 per cent of homes in the community of Beacon Hill were destroyed.

JEREMY SIMES/ FOR METRO



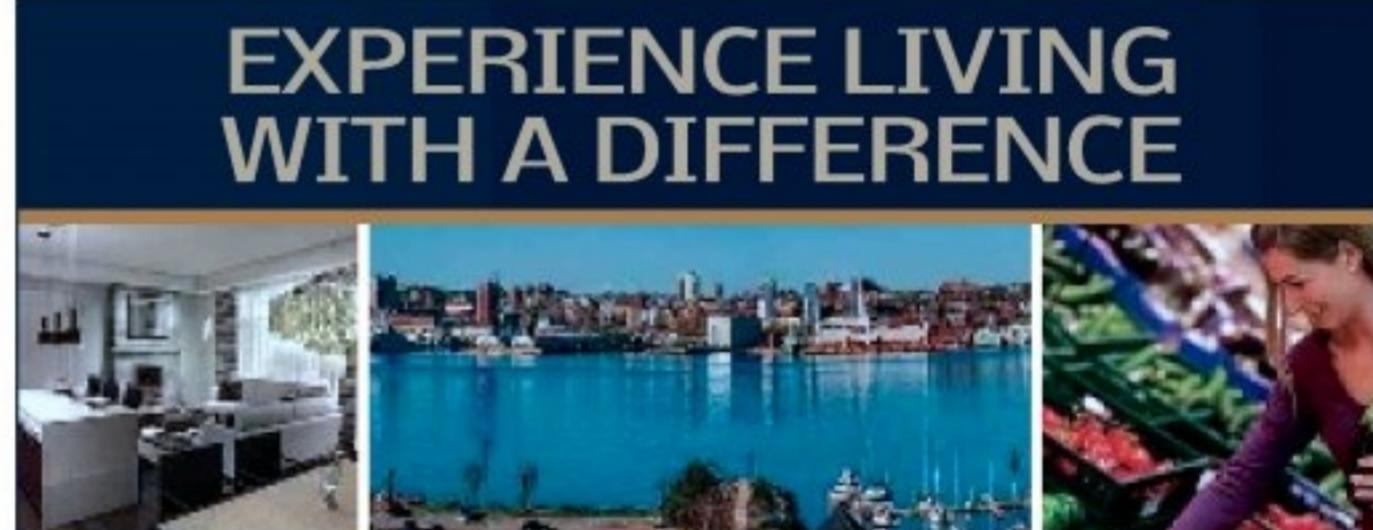
The Bos family lost their home to the wildfires in Fort McMurray. CONTRIBUTED

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NORQUEST COLLEGE  
**Graduates ready to battle fire**

 Kevin Maimann  
Metro | Edmonton

A crew of new firefighters is going straight from an Edmonton, Alta. classroom to the Fort McMurray wildfire.

Sixteen students who graduated Norquest College's Fire and Safety Training program Friday are on standby to battle the blaze that has claimed at least 1,600 structures and caused mass evacuations.

"I'm anxious to get out there," said graduate Lorin Anderson.

Anderson grew up in Wabasca-Desmarais, part of the Bigstone Cree Nation, and had his house go up in flames when he was a teenager after a volunteer fire crew responded to the blaze.

Ever since then, he's wanted to fight fires.

"When I was 17 my house burned down. The first fire truck that showed up had no water. The second one, they didn't know how to hook it up. I was shocked," he said.

 HALIFAX HEROES Ordinary people doing extraordinary things

# Fighting through fundraising

CANADIAN CANCER SOCIETY

**Bagnall has helped bring in about \$60,000 in donations**



**Yvette  
d'Entremont**  
Metro | Halifax

When Bonnie Bagnall's family was touched by cancer, she fought back using her fundraising skills.

Over the course of the past five years she has raised more than \$60,000 for the Canadian Cancer Society and the Relay for Life to help the Nova Scotia division.

"My husband was a (Relay for Life) dream team member in 2009 ... and he invited me and my children to join him that evening at the relay on Citadel Hill," Bagnall recalled.

"It was quite an emotional and crazy night, and little did we know he actually was diagnosed a month later so he'd had cancer for the second time while we were at the relay that night and I just remember being at the luminary ceremony that night and being so thankful that I was there with him



**Bonnie Bagnall's ... passion, dedication and influence is incredible and we are lucky to have her as a dedicated supporter.**

Danica Finch,  
Canadian Cancer Society,  
Nova Scotia division

## + NOMINATIONS

Each Monday, we will profile an unsung volunteer hero in our community as part of Halifax Heroes. To nominate someone, email philip.croucher@metronews.ca, Metro Halifax's managing editor, or Tweet @metrohalifax using the hashtag #Halifaxheroes

to celebrate his life."

Bagnall started doing the Relay for Life five years ago, first with family and friends and then with her employees at Swiss Chalet for the past three years as the "Chicken and Riblets" team.

"Many of my staff have been personally touched as well by cancer," she said. "This is an important cause for a lot of people."

Bagnall was on the Relay for Life committee as chairwoman of the luminary ceremony committee and has also organized a number of large fundraisers for the organization. She orchestrated a dinner and dance and auction event at the Fleet Club in both 2014 and 2015, raising upwards of \$20,000 in one night.

"In total I've helped raise close to \$60,000 in the past five years for the cancer society to help the Nova Scotia division get the lodge up and running to have a place for cancer patients to go when they're sick and need help," she said.

Although illnesses in her extended family, including some dealing with cancer, have caused Bagnall to bow out of volunteering this year, she still continues to advise



**Bonnie Bagnall** has been involved with the Canadian Cancer Society and Relay For Life for numerous years. JEFF HARPER/METRO

and help Relay for Life committee members when necessary. She plans to be back in full force next year.

"You don't realize the effects that cancer has until it's on your front step. Living with someone going through the

cancer and the treatments and the unknowns, that's the hardest part of it," Bagnall said.

"It just gives you that drive

I think to want to go out and make a difference and do what you can to hopefully (help them) find a cure eventually."



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# City's Cornwallis ruling could impact province

HISTORY

## Council decides this week if it will keep name on landmarks

Premier Stephen McNeil says he expects an upcoming Halifax council debate about whether municipal landmarks should bear Edward Cornwallis's name to have wider implications.

Halifax councillor Wayne Mason plans to introduce a motion as soon as this week that would reassess "commemorations" of Cornwallis, Nova Scotia's first governor and namesake for a street, park and statue in the city.

The premier predicts other communities may decide to follow suit.

"I'm sure people will be watching," McNeil said. "I don't think we can eliminate our history — good or bad. The reality of it is, we need to be sensitive at times."

The proposal has dredged up a centuries-old conflict over the legacy of Cornwallis, the founder of Halifax. Many welcome this discussion, including Halifax Mayor Mike Savage.

In 1749, Cornwallis issued a bounty on the scalps of Mi'kmaq men, women and children. Some historians characterize the order as a "genocide."

"We can't ignore the good and bad parts of our history," McNeil said. "They're there to be learned from. We need to make sure we tell the full story to our own children and to generations."

In light of his treatment of aboriginal people, some have called for Cornwallis's name to be removed from public places.

But historians fear renam-



Province's first premier is a source of ongoing controversy. THE CANADIAN PRESS

ing these sites will erase Nova Scotia's heritage.

John Boileau of the Halifax Military Preservation Society said he worries council's discussion will be based on one-sided, racially charged and historically inaccurate claims that dominate the public debate.

He suggests council convene a panel of historians, researchers and advocates to deliberate on the issue, inviting members of the public to submit their own opinions.

## REVISIONISM

### Proponent says you can't erase history so easily

John Boileau said if every name was judged by its darkest moments, every street, town and province would be up for grabs.

"If someone stands up and tries to defend Cornwallis, for whatever reason, they're

immediately accused of being racist," Boileau said in an interview.

The historian says Cornwallis was a product of his time, and his sins were more strategic than malicious.

"I deplore what happened to the Mi'kmaq, but it also happened to thousands of other societies," Boileau said. "Conquest, whether legitimate or not, has been a continuing part of history. It continues to this day." THE CANADIAN PRESS

PUBLIC SAFETY

## Crackdown on car stunting in park

Halifax police are sending a stiff warning to drivers who spend their Sunday evenings stunting in Point Pleasant Park.

People have been gathering in the lower parking lot of the park to participate in, or watch, stunt-related driving since mid-April.

Dangerous driving, alcohol consumption, vandalism and littering have also been reported, according to police.

There will be more officers monitoring the lower parking lot, and they will be issuing summary offence tickets as required.

Police say the activities threaten the safety of the

## CRITICAL CARE

### Stunts could hamper EHS LifeFlight's transfer unit

This year police said it's especially important that these activities don't happen to make sure EHS LifeFlight's mobile critical-care ground-transfer unit can access the roadway from the helipad that is next to the lower parking lot. METRO

people involved and have been an ongoing issue for years, and restart every spring. METRO

TECHNOLOGY

## Robots go to school

Small programmable robots will be introduced into all elementary schools across Nova Scotia this fall as the province moves to expand computer coding as part of its overall curriculum through high school.

Education Minister Karen Casey says \$1 million announced in the spring budget will give students from Kindergarten to Grade 6 access to technical devices such as iPads, tech invention kits, and

wireless probes and software.

Casey says the technology will be used to promote problem solving, teamwork and critical thinking skills across a range of subjects including math and science.

She says the funding will also be used to train teachers through a professional development program running through this month and June and an IT summer camp.

THE CANADIAN PRESS

## IN BRIEF

### Youths arrested after school break-in, vandalism

Two youths are in custody after a Halifax school was vandalized Saturday night.

Police responded to an alarm at Clayton Park Junior High School at 9:10 p.m. Saturday. They found a window forced open, and school walls spray painted. The youths were arrested 4 a.m. on Sunday. METRO

### Aylesford man dies in crash

A 25-year-old man is dead after a single vehicle crash 4:30 a.m. Sunday morning in Aylesford Mountain. RCMP officers found a Hyundai Elantra that had left the road and rolled. A 24-year-old woman is in hospital with serious injuries, a 26-year-old from Kentville was not injured, and a 25-year-old man from Aylesford is dead. METRO

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# Ex-Fort McMurray resident flips ace

## CHASE THE ACE

### Sydney's Kathy McPherson, 62, wins nearly \$3M in contest

Some things are just meant to be.

Such as a former resident of fire-besieged Fort McMurray returning home to Cape Breton and winning the largest jackpot in the brief history of the cultural phenomenon that is Chase the Ace.

On Saturday evening, Kathy McPherson won \$417,350 when one of her tickets was drawn at the Ashby legion. The 62-year-old woman, who most recently worked as a labourer in Fort Saskatchewan, Alta. before returning home to Sydney two weeks ago, then flipped over the ace of spades to claim the jackpot and bring her day's winnings to \$2,911,126.

Immediately after becoming

an instant millionaire, an emotional McPherson was struggling to come to terms with the unexpected life-changing experience.

"I'm in shock — I've never won anything in my life, ever. Ever. I never even dreamed I would win anything," she said, as she fielded questions from the local media while she stood beside husband Ron, who is a scaffolding worker.

"We have grandchildren, we have two kids, so we'll be helping them lots."

While the McPhersons were still too shocked to say how else they would spend their fortune, they did state that some of the money would be heading to Fort McMurray.

"We spent nine years renting in Fort McMurray and I just can't imagine the devastation — we know people who were out there and lost their homes and I think it's great that everybody is helping out," she said, adding that they will be making a donation to the Red Cross Alberta

Fires Emergency Appeal.

Stephen Tobin, who as the game's master of ceremonies had also become the unofficial face of Chase the Ace, spoke afterwards about the magical moments the fundraiser has produced over the past year.

"It's been a fantastic run and I don't think it could have ended any better — it was incredibly serendipitous that it could happen tonight of all nights and we could not be happier for Kathy and her family," he said. "It's been a lot of fun, we've had some great winners and we raised some great funds for two amazing, worthwhile and well-deserving charities." TC MEDIA

**\$25,000**

Chase the Ace organizers made a donation of \$25,000 to the Red Cross for the Fort McMurray fires.

## CRIME

### Two charged after break-in at South Park Street restaurant

A man and woman are facing charges after police said they broke into a Halifax restaurant and took keys to the liquor locker.

Around 10:30 a.m. last Thursday, Halifax Regional Police of-

ficers responded to a break and enter in progress in the 1300 block of South Park Street, according to a release.

A man and woman entered the rear door of a restaurant and took the keys to the liquor locker.

Police said the staff confronted the man and woman as they tried to leave through the back door.

Officers responded quickly and found the suspects at the rear of the business. Both were arrested without incident. METRO



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# Drug boss sent to Mexico's worst jail

EL CHAPO

## Prison located in territory controlled by Sinaloa cartel

The northern Mexico prison where authorities suddenly transferred convicted drug lord Joaquin "El Chapo" Guzman is rated as the worst in the federal penitentiary system for inmate conditions and other factors, according to the government's own reporting.

The Cefereso No. 9 facility on the outskirts of Ciudad Juarez, which borders El Paso, Texas, did score well on "conditions of governability," perhaps an indication that authorities believe they can limit the risk of Guzman pulling off a third brazen jailbreak.

But Michael Vigil, the former head of international operations for the U.S. Drug Enforcement Administration, questioned the logic of sending Guzman to

a less-secure prison that's in territory firmly controlled by El Chapo's Sinaloa cartel after it emerged victorious from a war with the Juarez cartel in recent years.

"It just doesn't make any sense," Vigil said Sunday. "He has that part of his empire, he has the infrastructure there and he has people who would assist him in terms of engineering him another escape."

A 2015 report by the governmental National Human Rights Commission gave the Juarez prison an overall 6.63 rating on a scale of 0 to 10, the lowest for any of Mexico's 21 federal prisons. By comparison, the maximum-security Altiplano facility near Mexico City where Guzman was confined before was 10th best with a rating of 7.32.

Altiplano is considered the country's highest-security prison, and many had thought it to be inescapable. That belief was shattered in July 2015 when Guzman fled the facility through a sophisticated, mile-long tunnel that accomplishes

## + ESCAPES

### Most-wanted fugitive

Joaquin "El Chapo" Guzman first broke out of a Mexican prison in 2001 and spent more than a decade on the run as one of the world's most-wanted fugitives. He was recaptured in 2014, only to escape the following year. Mexican marines re-arrested him in the western state of Sinaloa in January, after he fled a safe house through a storm drain.

dug to the shower in his cell, complete with a motorcycle modified to run on rails laid down in the passage.

Cefereso No. 9 is located just off the Pan-American highway about 23 kilometres south of downtown Juarez, in the middle of the barren, scorching Chihuahuan Desert.

THE ASSOCIATED PRESS



A gasoline bomb explodes in front of police in Athens on Sunday. THE ASSOCIATED PRESS

GREECE

## Clashes erupt ahead of key vote

Greek anarchists hurled firebombs, chairs and wooden planks at riot police in brief clashes outside parliament while lawmakers were debating a controversial austerity bill, disrupting a much larger peaceful rally on Sunday.

Police responded with stun grenades and bursts of tear gas to disperse the anarchists, who were split into two groups — one of them mixed among a peaceful protest of about 10,000 people holding banners and the other inside Syntagma Square in front of parliament.

The bill, introduced as part

of requirements debt-ridden Greece must meet under its third international bailout, is set to dramatically increase social security and pension contributions and raise taxes for most people. Greek workers say the increases will decimate their incomes, already hurt by six years of crippling austerity, and have staged a series of strikes.

The larger protest on Sunday was called for by Greece's biggest unions and most of those in attendance were Communist party sympathizers. About 45 minutes before they started

throwing projectiles, anarchists approached and beat up a known farmer activist.

A few minutes later, another group of anarchists set upon another person, with riot police using stun grenades to stop the beating.

There were also clashes in Thessaloniki, when anarchists broke away from a protest march to hurl firebombs at police guarding the local offices of the ruling Syriza party. Police used tear gas and chased the rioters through the streets in central Thessaloniki.

THE ASSOCIATED PRESS

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## URBAN ETIQUETTE ELLEN VANSTONE



Dear Ellen,  
I'm wondering if you can provide some kind of guide to ogling (is that even how you spell it?).  
L.

Dear L.,  
You'll see that I moved the list of questions in your letter down into my answer (below) so I could easily address them one by one. But before we begin, the fact you can barely spell "ogling" makes me wonder if you are defining it correctly.

"Ogling" (which, btw, is pronounced OH-gleen, not AWG-leen) connotes leering or blatantly checking out someone's body. This I do not condone. Unless you are a sex worker or Miley Cyrus, you don't want to go out in public and have some gross, horny stranger staring at you with their tongue hanging out, blatantly undressing you with their eyes, or making any other gesture pertaining to a desire to see you naked.

However, dear L., if what you really mean is "looking" — well, that's another matter. It's normal to look. Whether we want to or not, whether we're even conscious of it or not, our animal brains contain an ancient, uncontrollable limbic system that is constantly ordering our eyeballs to check out potential mates.

The trick for any civilized person is to know how and

**Our animal brains contain an ancient, uncontrollable system constantly ordering our eyeballs to check out potential mates.**

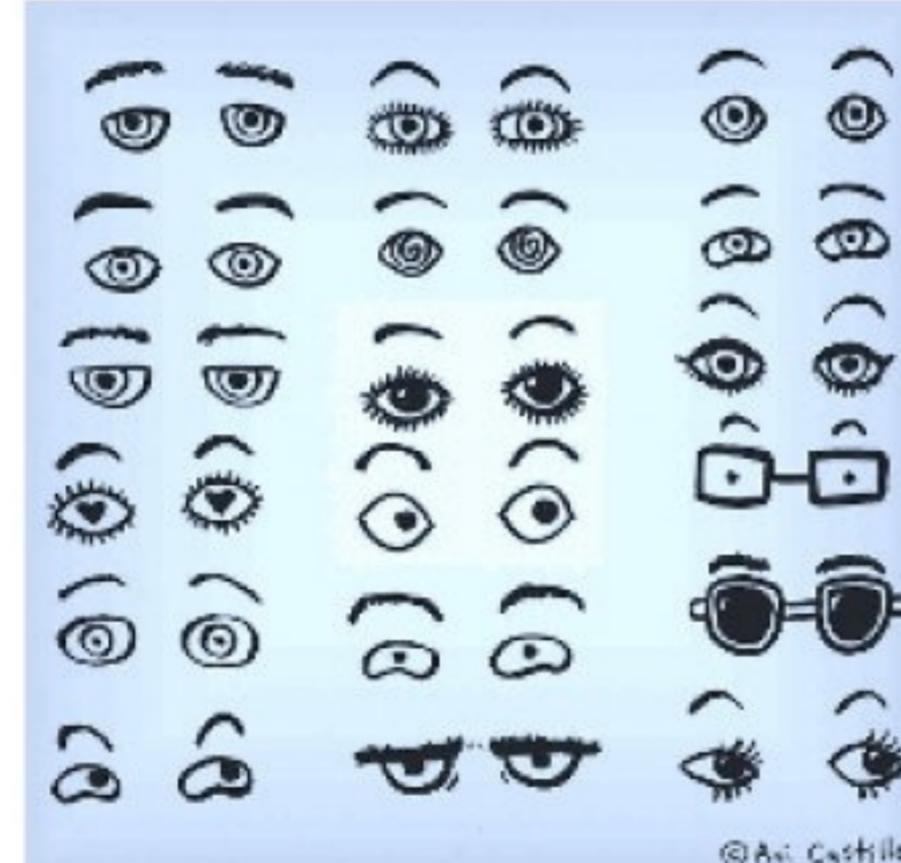
when to look, which brings us to your excellent question.

### Is it best to just avoid all eye contact with strangers?

It depends. Sometimes firm eye contact along with a smile is required, as when stepping around an elderly person on a sidewalk, or accepting change from a cashier. Other times, eye contact

being noticed on the street by appreciative, respectful strangers who know how to nano-look, perhaps even offer a courtly nod, and then keep walking — women of a certain age adore visiting Paris for this very reason. Like I said, finesse is required.

Should I avoid eye contact with strangers who are way better looking than me?



©Ani Castille

should be avoided at all costs, like when the person on the sidewalk is holding a clipboard and wants to ask about your personal beliefs. Or the sidewalk is a dark alley and the stranger is shouting lewd comments at you.

Then there's the limbic-brain situation, which requires more finesse. If you notice an attractive-to-you stranger, it's perfectly acceptable to flick a nano-second of pupil dilation at them. Believe me, if they find you attractive, they won't miss it. And even if they don't find you attractive, many civilized human beings don't mind

Absolutely not! First of all, "way better looking" is in the eye of the beholder. Secondly, it's not just looks that make a person attractive. Grooming, style, self-confidence, a lust for life — these are all attributes that make anyone worth a look.

### What about making eye contact in the reflection of a bus or subway window?

The same rules apply. Don't ogle, and desist if the attention is registered but not reciprocated. Furthermore, if any of you readers start a romantic relationship in this unbearably romantic way, I must insist you contact

me so I can share your story with the entire Metro audience.

### Where is the line between friendly smile and over-friendly smile?

Please see paragraphs above referring to "tongue hanging out" and "finesse."

What about staring at a beautiful human who is driving and ignoring you and perhaps even endangering your life while you are riding alongside them on your bike?

No amount of looking is worth dying for. Pull over, and pull yourself together.

Is it wrong to look at beautiful people when you are happily married with kids and should be texting about the parent-teacher interview and investing in RRSPs instead?

As long as you aren't criminally neglecting your children or miscalculating your contributions, and you really are just looking, this is probably when you should be looking the most.

Has the internet affected what's reasonable in this domain?

I'd have to see your search history in order to answer this question properly. And truth be told, I'm not sure I'm being paid enough to undertake that kind of research.

### Is Canadian winter a consideration here?

A good Canadian, new or old, will develop looking powers that see, and appreciate, beyond Cougars boots, Garbage mitts and Canada Geese. But now that spring is breaking, and the streets are full of moulted Canucks, I'd say we're all happy to see more of everybody.

### Need advice?

Email Ellen:  
scene@metronews.ca

## ROSEMARY WESTWOOD

**metroview**

## Handwriting: A way to be near a loved one who is far away



Not everyone will have spent yesterday with their mother.

Some mothers have died, some are estranged, and some mothers (mine) live far away.

But there are ways to be near a person who is not here — among them, their handwriting.

Handwriting is a physical mark that a person exists, or existed. They were here, moments or hours or weeks ago, leaning over this paper, with a pen that has lent this ink — giving a little something of themselves away.

In what they said, but more magical to those who love them, in how they wrote it.

Mum's hand is looping and full and warm, spreading over the page, soft and round like dough rising.

Dad's is compact and slanted, more elegant, exact, and careful (he is a man who has always measured twice).

My fiancé, a non-traditional type, writes in a hand unburdened by structure, rough and staccato, more utilitarian, less self-conscious.

I can also see both my brothers' scripts, and my sister's. All handwriting is as recognizable as a voice or a gait, but it has something extra, and special — a physical tie to the person. It was made by them, and it goes on to exist, and it can be folded up and kept in a wallet. Even after the

bent edges tear, you can still pull it out and piece it together and hold both the thoughts and marking of a person.

In 2014, researchers found that students who took handwritten notes in a lecture remembered the material better. The idea was that you have to synthesize information as you record it, since few can write long-hand as fast as a person speaks.

I've also wondered if the personalization of the information into your own script, and the physically committing it to a page, doesn't also help.

There also seems to me to be some tie between these findings and the difference between physical words on paper, and digital ones on screen. In my own life, the former make a more lasting impact. They seem more real.

Which is perhaps why I cannot throw out the card and letters sent by my mother (or father, who posts them less frequently), or the random notes left by my fiancé. They're collected in random piles, in baskets and drawers around the apartment, or stuck to the fridge.

They might be deemed clutter, but they are more truly vessels for spirits. And you can call upon them like an incantation, open them and poof: Your love is here.

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# Bautista moves to bowl flips

INTERVIEW

## Jays right fielder lends image to cereal boxes

Don't ask Jose Bautista to choose between his favourite cereals.

"Bad first question," he says, when asked if he prefers Golden Grahams or Cinnamon Toast Crunch, the two cereals that will carry his image on boxes for months to come. Fair enough.

The collaboration between the Blue Jays right fielder and General Mills Canada — sparked by Bautista's Instagram posts showing him cradling the boxes — will see the two cereals with his image on shelves across Canada starting this week.

The announcement comes after a years-long cereal industry slump and reports that millennials are turning away from the traditional breakfast food because it requires too much work to eat. We sat down with Bautista, 35, a father of three and noted health nut who nonetheless indulges in sugary cereal after games and on the road, at the Rogers Centre for a brief interview to chat nutrition, fitness, and — yes, cereal.

### As you've gotten older, how has your nutrition changed? Are there certain things you don't eat anymore?

At different times of the year I have different diets and they all have a purpose. At times I take things in and out of the diet for specific purposes, but there's nothing that I ever say, "I'm never eating this again." I like to keep a good rotation. It all depends on if I'm training, if I'm in season, if I'm in a rest and recovery phase right after the season. I think it just adjusts a lot.



**Jose Bautista**, a cereal aficionado himself, has partnered with Golden Grahams and Cinnamon Toast Crunch, two cereals that will carry his image on their boxes for the coming months. BERNARD WEIL/TORSTAR NEWS SERVICE

### How have your workouts evolved as you've aged?

I think you get to understand your body. You get to know what works for you, what helps you be better, what makes you sore, what makes you tight, what gives you pain. You just become more efficient. You

manage your body better. Nutrition and workouts are two big parts of it and then recovery and rest is the third big element.

### Do you use any fitness apps?

I don't use any fitness apps. I try to keep a journal, keeping track

of what I've done. Normally my trainer and my cook keep a log of the food and the workouts. I do use my phone, on the Notes app.

### Did you eat these cereals (Golden Grahams and Cinnamon Toast Crunch) growing up?

### + RAPID Q&A ROUND

#### Scooter or bicycle?

Scooter right now.

#### Hotdog or pizza?

That's a tough one but I have to go with pizza.

#### Cinnamon Toast or Golden Grahams?

That's not fair.

Growing up, a little bit of Golden Grahams. Cinnamon Toast Crunch wasn't that popular in the Dominican when I was growing up, but Golden Grahams was. We used to get a lot of knockoffs, so the general brand version of Golden Grahams. It was still a luxury item and I was from a middle class family. It's not like every time my mom went to the grocery store she got me one but when she could she would.

### Why did you want to do the collaboration (with General Mills Canada)?

We always try to connect with our fans ... We wanted to show them what we were doing on the flights and at hotels. Normally when we're travelling, we try to get comfort food. Cereal is definitely comfort food for me. I posted (photos of cereal) a few times on social media. A couple of the employees (at General Mills Canada) noticed and we just started talking, and today we're here.

### If 2015 was the year of the bat flip, what's 2016?

I don't know yet, we'll see. Yet to be determined. TORSTAR NEWS SERVICE



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# 'Something different every day'

## WHY I LIKE MY JOB

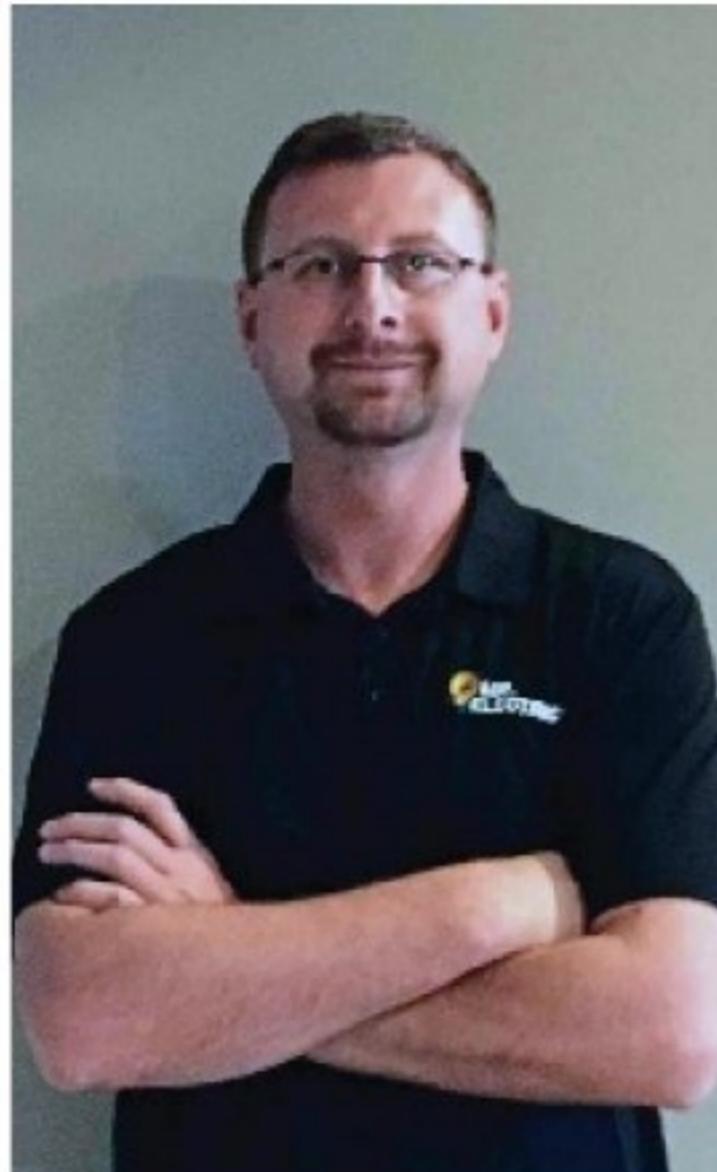
**Ross Kostron, 40, Red Seal Electrician / General Manager at Mr. Electric Canada, Regina, SK**

My career started on the farm. As a teenager, I often worked with my dad to install agricultural wiring and naturally found myself at Saskatchewan Polytechnic to pursue my electrician certification at the age of 17.

I put in four years of schooling — including 7,200 hours of on-the-job training — to achieve my interprovincial Red Seal journeyman credentials. From there, I was given the opportunity to work for several residential and commercial projects across Canada, including installations and upgrades for franchises like McDonald's and Tim Horton's.

I now manage an electrical servicing company in six locations across Canada, where I work closely with hundreds of technicians to meet the demands of the urban construction boom. I am most excited about the opportunities made available from advancing technologies — whether they provide electricians with a unique range of projects, or enhance interactive engagement as they go about their daily routines.

I enjoy what I do mostly because there is something different to experience every day. I've been able to meet many different people and make lifelong friends along the way — even working for and meeting sports figures from both the CFL and NHL. Being able to hire staff feels great, too, as I get to help new technicians become part of something bigger while also powering community growth.



## THE BASICS: Electrician

# \$57,510

Median wage of electricians, according to PayScale.com. Some can earn up to **\$74,340** as they advance to master electrician or a supervisory position.

# +14%

The amount of growth expected in this field over the next 8 years.

Provinces with particularly strong prospects include B.C., Manitoba and Ontario

Data for this feature was provided by payscale.com, canadavisa.com, trade-schools.ca, onetonline.org and jobbank.gc.ca

## HOW TO START

Enrolling in an apprenticeship program is a typical starting point for an aspiring electrician. Trade schools or vocational colleges offer great programs to achieve provincial certification.

## WHERE YOU CAN GO

Potential career opportunities are vast, with many openings for residential, commercial, industrial and power systems technicians. Those who specialize in new technologies and possess extensive knowledge of different types of wiring used for data, voice and video are expected to be in greatest demand.

## NEXT CAREER STEP

An experienced professional in this trade can aspire to higher-paying supervisory roles. Some electricians opt to advance their careers — and their salaries — by pursuing a Master Electrician certificate, launching their own contracting business or by specializing in the industrial sector as a marine, mine or gas plant technician.

# Plan now so you can enjoy life later

## RETIREMENT

### Know how much you need before you live hand to mouth

**Gail Vaz-Oxlade**  
For Metro Canada

Every time I see an article proclaiming that I'm going to need

a b'zillion bucks to retire I want to throw up in my mouth. I'm so sick of the arbitrary numbers tossed around by experts and their calculators.

With a target that feels impossible to attain is it any wonder that people give up and say, "Hey, I can save \$1,200 this year and that's not gonna do squat for me, so I'm heading to Puerto Plata!"

The next time you see one of those headlines, ask yourself this question: How can they know how much I'm going to need

if they don't know how much I'm spending.

See, that's the thing.

If you're spending gobs and gobs of money on all kinds of crap, you may very well need a b'zillion bucks.

But only you know how much money you're spending — and how much money you'll probably need — to maintain your standard of living once you hang up your hammer.

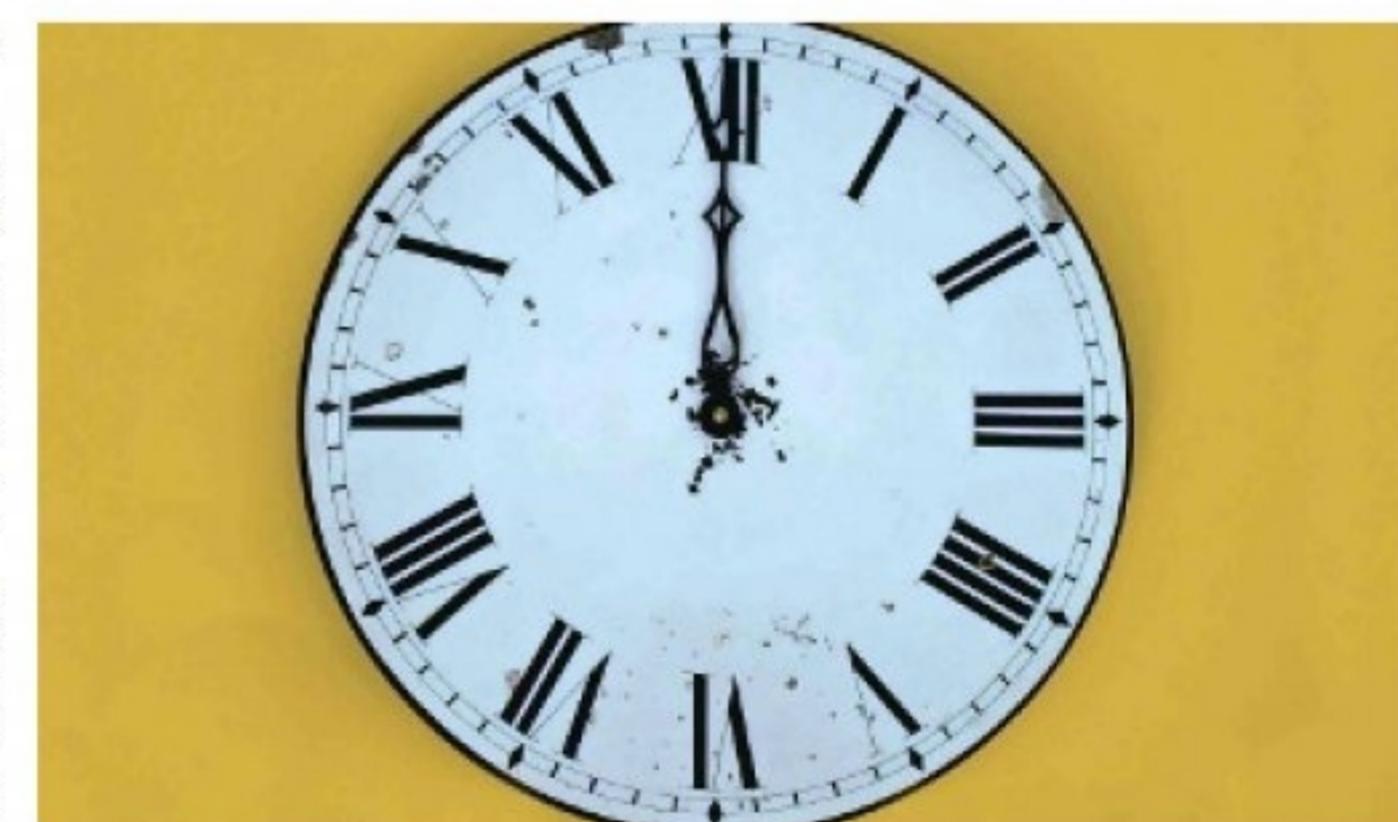
That DOES NOT mean ignoring the whole saving for the future thing.

It does mean doing some work so you can see what you'll likely need as a nest egg so that when the future becomes the present you have a little sumthin' sumthin' socked away to buy soup.

For those who have never seen the point in saving, do something for me: Close your eyes.

Now imagine you're 40 years older. (You have someone in your life who is 40 years older, so imagine your life looks a little like their life looks.) Where are you living? What are you doing for fun? What are you eating? How are you paying for it?

If you're counting on government benefits, know that the average pay out for both the Canada Pension Plan and Old Age Security combined is about \$12,000 a year. That's \$1,000 a



You can't turn back time: By making excuses for not saving for retirement in your 20s, you'll have to put away **three times as much** in your forties. iSTOCK

month. Can't imagine making do on \$1,000 a month? Then it's time to do a little saving, don'tcha think?

For those who know they should be saving and just need to figure out how much, calculate how much you're currently spending and then multiply that by 25.

So if your net (after tax) expenses come to \$32,000 a year,

everything in, aiming to have about \$800,000 is a good place to start.

Know that the longer you wait to get started, the more you're going to have to take away from today's spending to make sure you have enough for tomorrow.

Start socking away six per cent of your income in your 20s and you'll be fine sticking with that all the way through to the end.

Wait until you're in your 30s to start saving, and with less time for compounding, you'll have to take 10 per cent out of your spending today so you can buy soup and a sammie at 66.

Make excuses for not saving until you're in your 40s and you'll have to save three times as much as you would have if you started in your twenties.

Ouch! Don't do that!

## THE TOP 6@6

LAST NIGHT ON 101.3 THE BOUNCE:

**6** Nick Jonas ft. Tove Lo  
Close

**5** DJ Snake ft. Bipolar Sunshine  
Middle

**4** The Chainsmokers ft. Daya  
Don't Let Me Down

**3** Magic ft. Sean Paul  
Lay You Down Easy

**2** Drake ft. Whizkid and Kyla  
One Dance

**1** Rihanna  
Kiss It Better

101.3  
THE BOUNCE



OUR LAND BEAUTIFUL

## Doc takes top prize



**Koneline: our land beautiful** is a sweeping look at life on the Tahltan First Nation.

CONTRIBUTED

A film documenting the Tahltan First Nation in remote northwestern British Columbia took home one of the top honours at the HotDocs Awards on Friday night.

**Koneline: our land beautiful** received the best Canadian feature documentary award and a \$10,000 cash prize in Toronto.

The Norwegian film **Brothers**, which follows two brothers from childhood to their teens, was named best international feature.

Special jury prizes were awarded to **The Prison in Twelve Landscapes** for Canadian feature documentary, and **God Knows Where I Am** for international feature documentary. Each film was awarded a \$5,000 cash prize.

Directors Sébastien Rist and Aude Leroux-Levesque (**Living with Giants**) were named recipients of the emerging Canadian filmmaker award and a \$3,000 cash prize. The jury acknowledged Ali Kazimi's **Random Acts of Legacy** with an honourable mention. The emerging international filmmaker award was presented to director Mike Day for **The Islands and the Whales**.

THE CANADIAN PRESS

STREAMING

## Dear White People to be spun into series

Searing college comedy **Dear White People** is heading for online streaming network Netflix in 2017, after the studio placed an order for a 10-episode show based on the 2014 feature film.

Its cohort of young actors have become increasingly recognizable, and the same could be true for **Dear White People** as production gets underway on a new original series for Netflix.

Co-star Tessa Thompson went on to appear in a pair of high profile hits, with historical civil rights drama **Selma** and Rocky sports franchise successor **Creed** following **Dear White People**.

Teyonah Parris, already familiar from her work on **Mad Men**, moved over to comedy **Survivor's Remorse**, while also booking the lead role in Spike Lee's **Chi-Raq**.

Tyler James Williams, known in his younger days as the central character from **Everybody Hates Chris**, became a season 5 regular on **The Walking Dead**.

At this early stage, it's not certain how much of the original **Dear White People** ensemble will return for this episodic in-

terpretation, but writer and director Justin Simien is helming the project, which bodes well.

**Dear White People** was actually his first distributed feature but nevertheless netted Simien the Special Jury Prize from Sundance where it premiered that year, as well as the Independent Spirit Award for a first screenplay.

Julia Lebedev, with Devon Shepard of the management consultancy satire **House of Lies** also joining the team.

Netflix and Simien are keeping quiet about characters and cast for now, but what's certain is that the new **Dear White People** will remain a "send-up of post-racial America," set in a predominantly white Ivy League college that doesn't know how to deal with racial tensions; Simien's treatment will retain its diversity.

And after the series' source collected two trophies from an impressive ten Black Reel Awards nominations, it's even possible that **Dear White People** will do even better as a series than it did in feature format.

AFP



**Dear White People**, a tart college comedy with racial themes, is getting a 10-episode run on Netflix. CONTRIBUTED



JOHANNA SCHNELLER WHAT I'M WATCHING

## A rare sight on TV: 70-year-old skin



In **Grace and Frankie** Season 2 we see two skilled funnywomen create mayhem. CONTRIBUTED

**THE SHOW:** **Grace and Frankie, Season 2, Episode 4** (Netflix)

**THE MOMENT:** **The cop stop**

Hippie Frankie (Lily Tomlin) is driving country-club Grace (Jane Fonda) to spy on Grace's old flame Phil (Sam Elliott). Grace swigs martinis from a thermos. A cop pulls them over.

"How are you today, ma'am?" the cop asks.

"I know my civil rights, that's how I am," Frankie growls.

"Good afternoon, officer," Grace chirps.

"Be informed, I'm filming you," Frankie says, holding up her phone. The cop gently turns it around. "Now you're filming me," he says. "Your license has

been expired for three years."

"Oh, it expires?" Frankie asks innocently. Grace slugs from the thermos. "I'll get it fixed," Frankie says, closing her window.

"Ma'am, you can't drive," the cop sputters. Frankie stares at him. The window closes.

Thank goodness for Season Twos. Last season, this series was preoccupied with justifying why its mismatched leads lived together. Now the fun begins: We get to watch as two skilled funnywomen stop bickering, team up, and exploit their differences to create 70-something mayhem.

Show creator Marta Kauffman (**Friends**) is also doing a deeper dive, using comedy to explore intriguing later-life

issues: Frankie's full-grown son announces he wants to meet his birth mother. Grace is conflicted about sleeping with Phil because he's married, but his wife has Alzheimer's.

Spoiler alert: In episode 10, the action moves smoothly from funny — Phil confesses to Grace that he took the AARP discount on their hotel room — to something rarely seen, a sex scene that, though tasteful, does not flinch from showing 70-year-old skin. These golden girls are grown-ups.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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"I dunno" with a slight  
chance of "Huhhh?"

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# With you every step of the way

NATIONAL NURSING WEEK

**A time to raise awareness of all the things nurses do**

**Jason Menard**

National Nursing Week, running from May 9-15, is an opportunity to reflect upon and appreciate the integral role that nurses play in the Canadian health-care system.

"This year's theme, 'Nurses — With you every step of the way,' is meaningful in many ways and can mean different things to different people," explained Anne Sutherland, chief executive officer at the Canadian Nurses Association. "For me, it's particularly meaningful because it underlines the fact that nurses help Canadians achieve their best health to lead healthy lives, in many more ways than people can expect."

"This week is a great opportunity to reflect on the remarkable contributions that nurses bring to make Canada healthier."

National Nursing Week got its start in 1985, when the federal minister of health proclaimed the second week of May a time to mark the dedication and achievements of the nursing profession in Canada.



This week is a great opportunity to reflect on the contributions that nurses bring to make Canada healthier. iSTOCK

With nurses involved in all health-care settings — from neonatal intensive care to mental-health services to palliative care, and in research and education — they are a key to the

success of our system.

"With more than 406,000 regulated nurses in Canada, nurses really are the backbone of our universal health-care system. If we consider our rapidly

aging population, the nursing role is more important than ever, and its significance will only continue to grow in the years ahead," Sutherland said. "At the Canadian Nurses Association,

we have been advocating strongly for more integrated health-care systems. When we think of improving home care for seniors, providing better palliative care in the wake

of the introduction of medical assistance in dying, or other aspects of care, nurses play a vital role to ensure that our health system remains universally accessible to all Canadians."

In addition to giving people the opportunity to recognize outstanding nurses in the system, Sutherland added that it's also a great opportunity for people to clear up misconceptions about the profession.

"Generally speaking, a lot of people don't know all the places that nurses work and what nurses can do," she added.

"Nurses work in a wide range of roles, including clinical care, research, administration, education and policy. Nurses help to inform, develop and implement innovative programs to deliver care to the most vulnerable Canadians. While people generally know nurses to be caring, they may not know that that care is more than just compassion. It is education, expertise, knowledge, and leadership that helps to improve health outcomes for Canadians."

"National nursing week is a great opportunity to raise awareness of the unnoticed roles nurses play in our health care system. This week gives all Canadian nurses a great opportunity to be recognized for everything they do."

For more information on National Nurses Week, please visit cna-aiic.ca or follow the Twitter hashtag #NNW2016.



Glenda Carson worked in the neonatal intensive care unit, and now specializes in high-risk pregnancy. CONTRIBUTED

## Nurse's four-decade career honoured for excellence

It's little things like a prime parking spot that can change the course of a career.

Soon after moving to Halifax in 1978 Glenda Carson headed to the Halifax Infirmary to look for a job. Finding a parking spot right in front of the maternity hospital, she thought she'd pop in there first.

"I got a job and ended up in the neonatal intensive care unit and grew into high-risk pregnancy which is where my specialty is now," she said.

"I started nursing as most nurses do: you start generally and then find yourself in a specialty that fits very well."

This month Carson's four-decade career is being honoured with an Excellence

in Nursing Clinical Practice award from the College of Registered Nurses of Nova Scotia. She said being nominated by her peers makes the recognition all the sweeter.

Every nurse has patients who stick in their memories, and Carson is no different.

As a clinical nurse specialist, Carson works with pregnant women who have rare health issues and addictions. Many her patients were born with heart anomalies or conditions.

"These are women that would normally be in hospital but they're stable enough to stay at home," Carson. "I work with physicians and managers and put together this service... so we have nurses visiting

them sometimes daily or two or three times a week."

Several studies show women do better with bed rest at home, Carson added.

She also works with many pregnant women who suffer with addictions. When her team started looking at methadone treatments and pregnancy over 15 years ago, they saw about six women a year. Now that number is around 60.

It's one of these patients who sticks out for Carson. Several years ago Carson met a woman who was pregnant, on the street, and had enormous addiction issues.

"I remember giving her a hug and we discharged her to the street and I thought, oh

my heavens I've done nothing for you," she said.

Then five years later, the woman found Carson on Facebook.

"She said I just want you to know it took a long time, but I have finally got into recovery, I've rejoined back with my family and my life has taken a better turn," Carson said.

The woman, who had a history of trauma, said Carson's care was the first time in her life she felt safe and cared for.

"She said it wasn't enough to make her change but the seeds were planted," Carson said. "I think that sits with me and that's the privilege I have in my work that I can connect with these women."

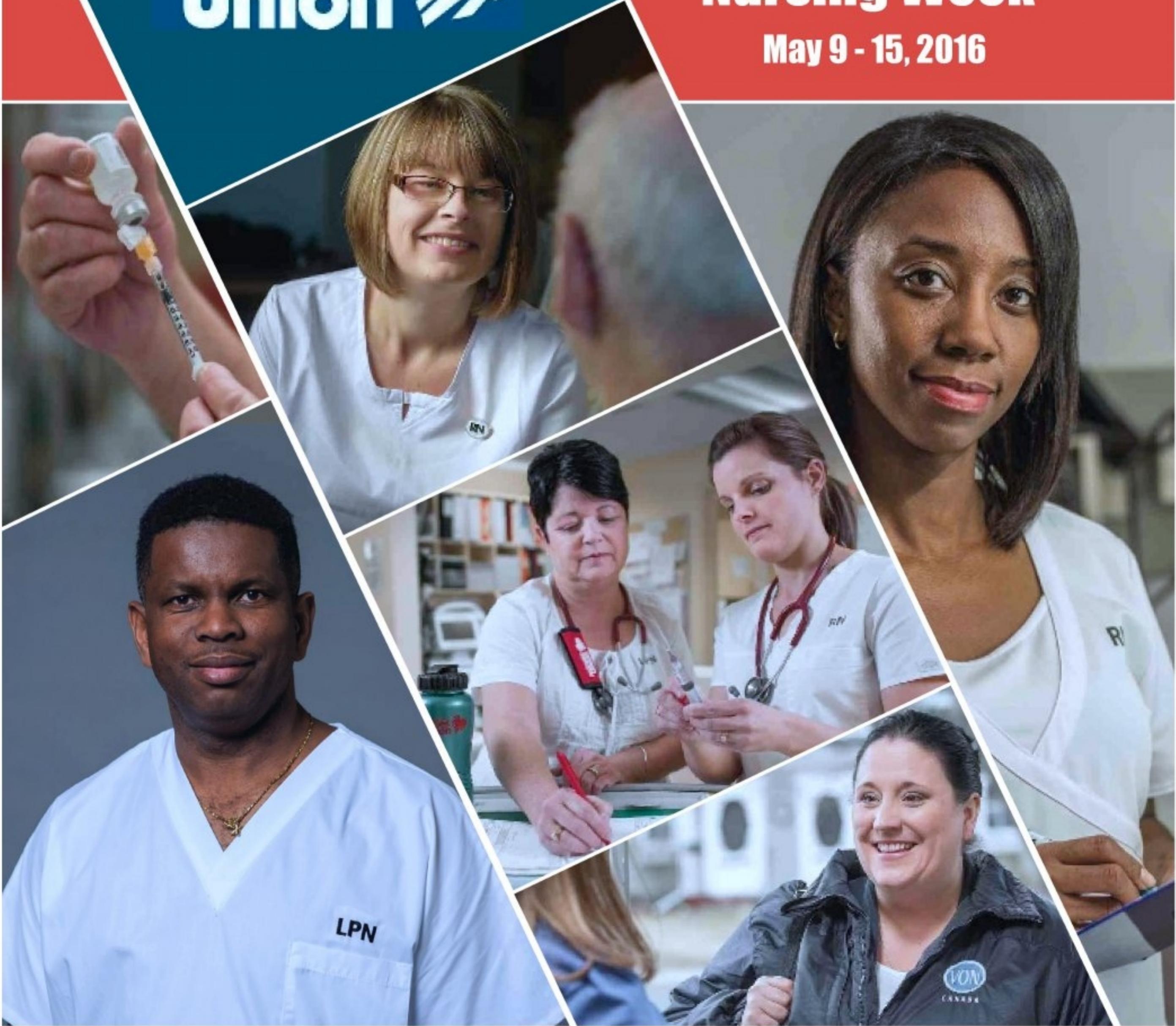
JENNIFER TAPLIN





# Celebrating National Nursing Week

May 9 - 15, 2016



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Nova Scotia Nurses' Union



# METRO SPORTS

"The impossible has happened!": Mets TV guy Gary Cohen when nearly-43-year-old pitcher Bartolo Colon hit his first-career home run Saturday

## Clean sweep: Hurricanes hand Storm a quick exit

### NBL PLAYOFFS

**Halifax win three in a row to set up series with Saint John**

**Kristen Lipscombe**  
Metro | Halifax

The Halifax Hurricanes have swept Round 1.

The Canes won their third straight game over the Island Storm Sunday, defeating their hosts 91-83 at Eastlink Centre in Charlottetown to finish the best-of-five series and advance to the Atlantic Division final.

"It's not easy to sweep any team in this league," Hurricanes head coach Hugo Lopez said from the team bus.

"We've done it," he said.

Halifax edged the Storm 106-100 Thursday night and cruised 104-76 Friday night, at Scotiabank Centre. But Sunday's game wasn't without its worrisome moments.

"In the offensive end, we were kind of sloppy in certain parts of the game," Lopez said. "But our defence kept us up, big time."

Indeed, the Storm kept the score close throughout. It was tied 21-21 after the first quarter and the Storm pulled ahead briefly in the second before the



**Hurricanes power forward Mike Glover, right, blocks Island Storm forward Robert Nortmann on Sunday in Charlottetown.**

JASON MALLOY/THE CHARLOTTETOWN GUARDIAN

Canes rallied for a 43-39 half-time lead.

The Hurricanes held on in the second half and took a 50-47 lead into the fourth where they outscored the hosts 26-24 to claim victory.

Tough one-on-one defence was especially key for the Canes down the stretch, Lopez said.

Offensively, point guard Justin Johnson paced the Hurricanes with 19 points, while guard Joel Friesen put up 18 points and eight rebounds. Centre Kyle Hunt added 19 points and eight boards and guard Cliff Clinkscales played typical heads-up ball, putting up 10 points and seven assists.

"I think we did a pretty good job, overall," Lopez said.

Storm guard Terry Thomas led all scorers with 20 point and 11 rebounds.

Next up for the Canes are the Saint John Mill Rats who eliminated the Moncton Miracles 3-1.

The Hurricanes will be in tough against the Mill Rats who

had the best record against Halifax during the regular season, winning six of 11 match-ups. But the Canes claimed first place, while the Rats trailed in second.

"Conference finals are always tough to play," Lopez said of the upcoming best-of-seven series. "We know that it's not going to be easy next round."

### NBA PLAYOFFS

## Valanciunas out for remainder of series

**RAPTORS**  
TORONTO LEADS 2-1

Miami's Hassan Whiteside and Toronto's Jonas Valanciunas won't square off anymore in this Heat-Raptors Eastern Conference semifinal series.

And as the games get bigger, the lineups will be smaller.

Whiteside is day-to-day with a sprained medial collateral ligament in his right knee, and Valanciunas will miss the



**Jonas Valanciunas**  
GETTY IMAGES

rest of the series with a sprained right ankle. Both starting centres were injured in Game 3 of the series Saturday, and both got the news about their immediate futures in MRI exams that were performed Sunday.

THE ASSOCIATED PRESS

### IN BRIEF

#### Cavs complete sweep

Kevin Love scored 27 points, LeBron James hit a huge shot with 39.2 seconds to go and the Cleveland Cavaliers finished off their second straight playoff sweep, beating the Atlanta Hawks 100-99 Sunday to advance to the Eastern Conference finals.

The Cavaliers, who opened the playoffs with four straight wins over Detroit, made short work of the Hawks too in a series that mirrored last year's East finals. THE ASSOCIATED PRESS

### NHL PLAYOFFS

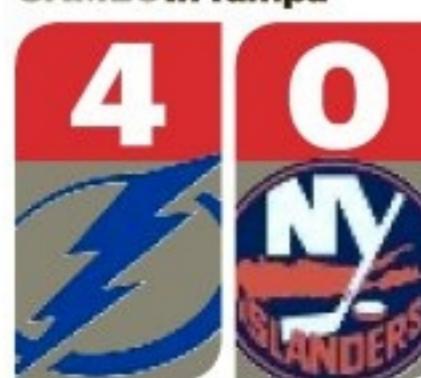
## Isles outclassed by Bolts in series finale

Victor Hedman scored twice and Ben Bishop stopped 28 shots Sunday, helping the Tampa Bay Lightning beat the New York Islanders 4-0 and reach the Eastern Conference final for the second straight year.

Tampa Bay eliminated the Isles in five games, winning four straight.

Hedman scored an unassisted goal from the slot at 13:49 of the first period, then beat Islanders goaltender Thomas Greiss again on a second-period power play

#### GAME 5 In Tampa



that gave Tampa Bay a three-goal lead. THE ASSOCIATED PRESS

### KAYAK

## De Jonge through to Rio

A Halifax paddler is headed for Rio.

Mark de Jonge, 32, booked his ticket for the 2016 Olympic Summer Games over the weekend with a win in the men's K1 200-metre final at the Canadian Sprint National Team Trials, held on Lake Lanier in Gainesville, Ga.

"Everything is going to plan, and especially early in the season, it's encouraging to have a good race and know that everything is starting off well," de Jonge in a Canoe Kayak Canada said in a news release issued Saturday after the race.

The two-time world champion won Saturday's race by 0.84 of a second.

Alex Scott of Bedford snagged second place, while Étienne Morneau of Quebec City claimed third.

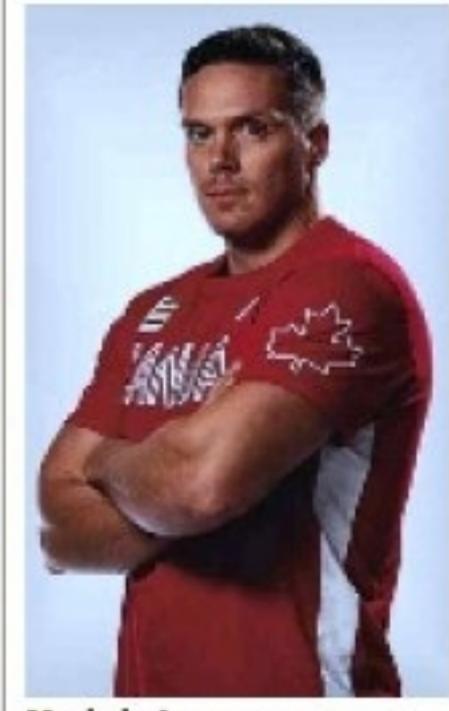
"With de Jonge's status as the current world champion, he only needed the one win to seal the deal" the news release explains.

He also won a bronze medal at the 2012 Olympic Summer Games in London.

Also on the weekend, Angus Mortimer of Ottawa won the men's K1 1,000-metre and Ben Russell of Dartmouth won the men's C1 1,000-metre, according to the Canoe Kayak Canada website.

On the women's side, Michelle Russell of Fall River and Madeline Schmidt of Ottawa won the women's K2 500-metre on Sunday.

The five-day trials conclude Monday. KRISTEN LIPSCOMBE/METRO



**RECIPE** Niçoise Sandwich

PHOTO: MAYA VISNEVY

**Ceri Marsh & Laura Keogh**  
For Metro Canada

Kick off the week with a picnic-style sandwich. Then invite some people over because it makes a lot!

**Ready in**

Ready in: 1 hour  
Serves: 6 to 8

**Ingredients**

- 1 rustic loaf of bread
- 2 x 7 oz cans of tuna
- 3 hard boiled eggs
- 1/4 English cucumber, sliced
- handful fresh basil
- 3 Tbsp olive oil
- 2 Tbsp white wine vinegar
- 1 Tbsp dijon mustard
- 1 or 2 Tbsp black olive tapenade

**Directions**

1. Whisk together oil, vinegar and mustard until you have a smooth dressing. Drain your tuna well and place it in a bowl. Add 2 table-

spoons of the dressing to the tuna and mash it up with a fork and mix well. Toss the sliced cucumber in the remaining tablespoon of dressing and give it a stir.

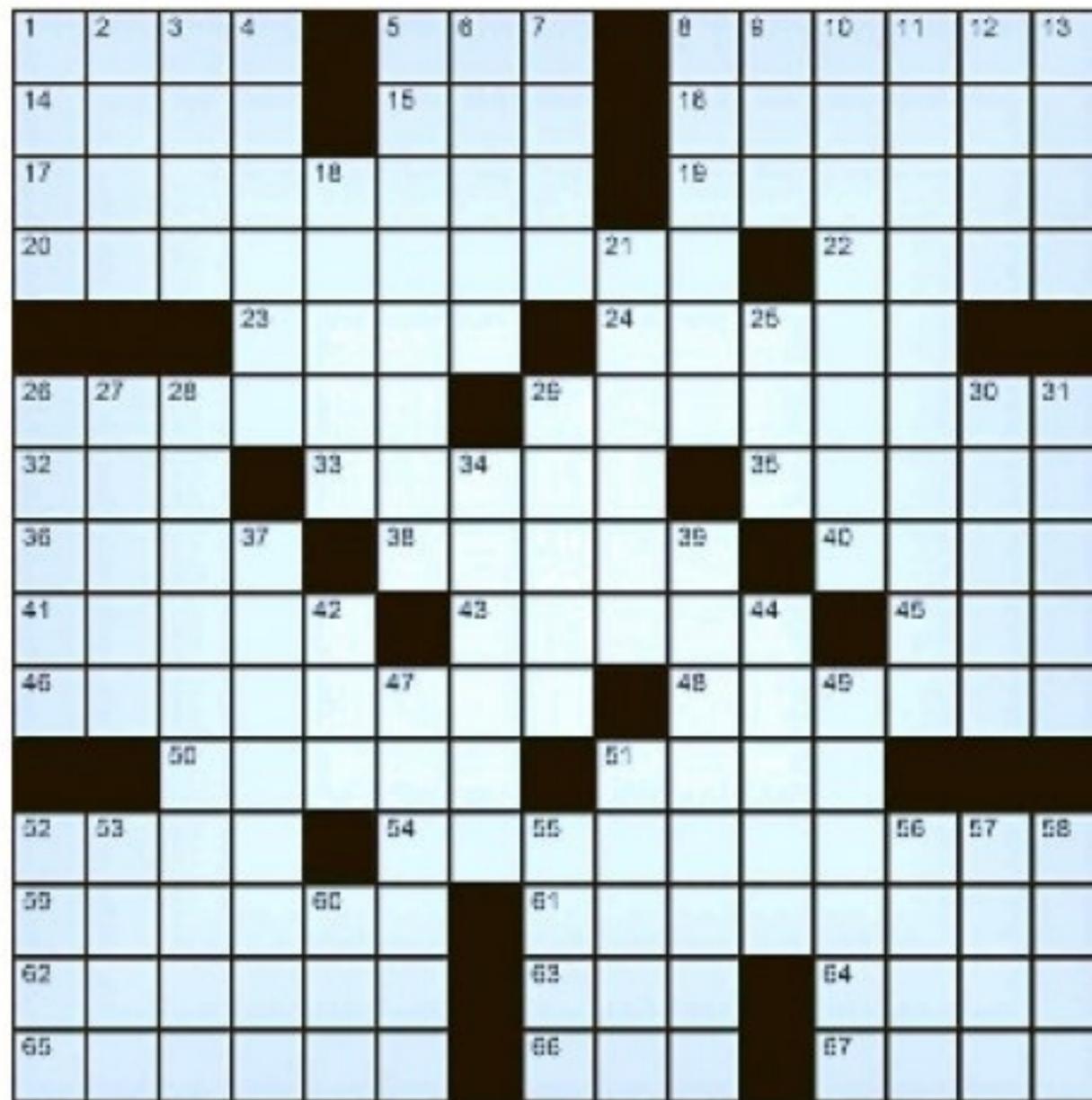
2. Cut the loaf of bread horizontally and use your fingers to pinch out a good bit (about a cup) of the soft bread inside. Spread a thin layer of tapenade on piece of bread. Place a layer of basil leaves, followed by a layer of sliced egg. Now use a spoon to mound the tuna next. Follow with a layer of sliced cucumber.

3. Place the top of the bread and press down gently. Wrap the whole sandwich in plastic. Put it on a plate and weigh it down with something. Put the whole works in the fridge for at least an hour or over night so the flavours combine and the sandwich is easier to slice.

FOR MORE MEAL IDEAS, VISIT  
[SWEETPOTATOCHRONICLES.COM](http://SWEETPOTATOCHRONICLES.COM)

**CROSSWORD** Canada Across and Down BY KELLY ANN BUCHANAN**ACROSS**

1. "Good Times" disco group
5. Mr. Blanc
8. Said walkin' instead of walking
14. Roman moon goddess
15. Hubbub
16. Song of dawn
17. Reaction
19. Polisher
20. Canadian author of 1995 novel The Jade Peony: 2 wds.
22. E-J link
23. "Not on \_\_\_" = "No way!"
24. Canadian comedian Mr. Mandel
26. Clandestine
29. Noble crustacean: 2 wds.
32. Type of submachine gun
33. Marner (1861 novel)
35. Canadian singer/songwriter Ms. McNeil
36. Snaky spots
38. Spy for Moses
40. Separate, as laundry
41. Arden (1864 poem by Alfred, Lord Tennyson)
43. Cam (Hockey great born in Comox, BC)
45. Mesh
46. Localized
48. "Past" from above: 2 wds.
50. Fancy neckwear
51. "When We Young" by Adele
52. Big amount
54. Sad movie
59. Chant
61. Like really humid summer weather: 2 wds.
62. Really loud Zzzz-er
63. Enunciate
64. "Would \_\_\_ to You?" by Eurythmics
65. Feels

**DOWN**

1. Cat's clutcher
2. Retro toy, Hoop
3. Toward the centre
4. Salad
5. Moncton's gravity attraction, Hill
6. Proclamation
7. Ness Mon-
66. Approves [abbr.]
67. Singer, Mama Elliot (b.1941 - d.1974)

ster's need

8. Lax: 2 wds.
9. "I \_\_\_ Ya Papi" by Jennifer Lopez
10. (Canadian punk rocker Bif Naked's new memoir)
11. Kenny Loggins tune in Tom Cruise movie "Top Gun"
53. Ms. Hathaway
55. Dog, with Lhasa
56. British band, Shaker
57. Christian denomination, e.g.
58. Whiskey grains
60. Wedding notice word

**\*IT'S ALL IN THE STARS** Your daily horoscope by Francis Drake

**Aries** March 21 - April 20 Rather than initiate new financial matters, finish what is started. If you're looking for a job, go back to where you previously applied or perhaps where you worked before.

**Taurus** April 21 - May 21 Ex-partners and old friends are back in the picture. Consider this an opportunity for closure or to reach a better understanding about old issues.

**Gemini** May 22 - June 21 It is frustrating right now, because your ruler, Mercury, is retrograde, and this makes you error-prone, late to meetings and events, plus subject to misplaced items and transportation delays. Yikes!

**Cancer** June 22 - July 23 Old friends are back on the scene now. This could be heartwarming, because it is a wonderful thing to have history with others. You can't buy this.

**Leo** July 24 - Aug. 23 This is an excellent time to wrap up old business with parents, bosses and VIPs. However, it's a poor time to initiate anything new. Keep this in mind if you want a successful outcome.

**Virgo** Aug. 24 - Sept. 23 Travel plans will be delayed. However, this is an excellent time to finish up school papers and manuscripts. Focus on what you were doing in the past.

**Libra** Sept. 24 - Oct. 23 This is a great time to wrap up loose ends with inheritances, taxes, debt and anything having to do with shared property. You will be surprised by how quickly things will come together.

**Scorpio** Oct. 24 - Nov. 22 Ex-partners and old friends are coming out of the woodwork! Like what's with that? Well, Mercury is retrograde directly opposite your sign, which triggers this looping-to-the-past phenomena.

**Sagittarius** Nov. 23 - Dec. 21 Your efficiency on the job has suffered lately, which is a bummer. What is particularly exasperating is that these errors are just so silly!

**Capricorn** Dec. 22 - Jan. 20 Old flames from the past might contact you now. Sometimes this is exciting; sometimes it's not exciting at all, it's horrific.

**Aquarius** Jan. 21 - Feb. 19 This is a good time to wrap up old projects and finish renovations and repairs. This especially applies to family businesses.

**Pisces** Feb. 20 - March 20 Life is frustrating now because of transportation delays, car problems, late mail deliveries and lost paperwork. Just cope as best you can, because this will be over soon.

**CONCEPTIS SUDOKU** by Dave Green

Every row, column and box contains 1-9

3		4		6
8				9
	7	8		
4	8		7	1
9		3		2
	5	9	2	3
		1	5	
7		6		4

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